

## Zoom Live & Recordings

March 1-28

## Hopefully In-Person & Zoom

March 29-April 26



### 3 Class Options

Zoom Live

Zoom Recorded

In-Person when Studio re-opens

\*BUY HERE - THRIVE HERE\*

## Monday

### MINDFUL YOGA MEDITATION & RELAXATION

5:15-6:30

Cristal Lidwell

8 week series - \$90

Mar 1 - Apr 26

(No class March 8)

### MINDFUL YOGA MEDITATION & RELAXATION

7:00-8:15

Cristal Lidwell

8 week series \$90

Mar 1 - Apr 26

(No class March 8)

### Gift Certificates Available

Easter, Birthday,  
Random Acts of Kindness

Contact Sharon or Cristal

## Tuesday

### MINDFUL YOGA MEDITATION & RELAXATION

6:00-7:15

Sharon Green

8 week series - \$90

Mar 2 - Apr 20

### PRIVATE CLASSES AVAILABLE

Sharon Green

\$50/class 1st adult

\$20 add'l adult

Cristal Lidwell

\$35/class 1st adult

\$15 add'l adult

## Wednesday

### KIND YOGA

9:30-10:45

Sharon Green

8 week series - \$90

Mar 3 - Apr 21

Gentle & Slower

### MINDFUL YOGA MEDITATION & RELAXATION

5:45-7:00

Cristal Lidwell

8 week series - \$90

Mar 3 - Apr 28

(No class March 10)

\*Students may join  
mid-series for a prorated fee  
of \$15 per class for the  
series remainder.

Cash, Check or contact teacher for payment options

## Thursday

### KIND YOGA

10:00-11:15

Sharon Green

8 week series - \$90

Mar 4 - Apr 22

Gentle & Slower

### MINDFUL YOGA MEDITATION & RELAXATION

6:00-7:15

Sharon Green

8 week series - \$90

Mar 4 - Apr 22

\*Students may join multiple  
series at a discounted rate of  
\$80 per series.

## Sunday

### Mindfulness Meditation Hour

March - Zoom

April - hopefully In-Studio

9:00-10:00AM

If you have the Insight  
Timer App, join the Central  
PA Meditators Circle

### LOVING OUR NEW LOCATION

123 Union Ave  
Altoona, PA  
(by Grane Hospice)

The area's first  
indoor/outdoor  
Yoga Studio

[bloomherenow.com](http://bloomherenow.com)

*Please contact the teacher listed  
for the class you're interested in.*

**Sharon Green** - [bloomyogamovesu@gmail.com](mailto:bloomyogamovesu@gmail.com) | 814-943-2333

**Cristal Lidwell** - [clidwell1304@gmail.com](mailto:clidwell1304@gmail.com) | 814-327-6879

**Tony Pater** - 814-935-1185

**Koelle Williams** 814-937-8018